

## SYSTEM for HEALTH / PERFORMANCE TRIAD

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- **Toward a System for Health.** Healthcare in the United States is at a turning point, and the Military Health System is committed to being a leader in the national conversation as well as the movement towards a healthier nation and healthier living.
- The **System For Health** encourages and incentivizes personal behavior improvements to maintain, restore and improve one's physical and mental well-being:
  - **Improve** health through education, coaching and support for making informed choices in the Lifespace (the physical and psychological environment of an individual not spent in interaction with the healthcare system)
  - **Restore** health through patient-centered care
  - **Maintain** health through fitness and illness/injury prevention

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- This vision and mission of a **System for Health** involve all aspects of the military community with the goal of promoting health and wellness, preventing illness and injury, and providing the highest quality care when and where necessary, all while positively affecting our beneficiaries' behaviors and the environments where our beneficiaries live, work and play.
- **Fiscal Challenges.** Current national and military healthcare costs are unsustainable. Fiscal realities, and frankly the health of our Force and Nation are driving the reinvention of the Military Health System and the development of innovative ways to bend the cost curve. The Defense Health Agency is under mounting fiscal pressure to change, with military healthcare costs projected to exceed 10% of the overall Defense Department budget by 2015. Army Medicine is part of a DoD-wide effort to reform the Military Health System to one that promotes greater health and wellness of individuals, improves outcomes of care, and reduces costs as an enterprise.

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- **PERFORMANCE TRIAD**

- The Army Surgeon General's Performance Triad is the first initiative of the System for Health and is a key enabler of the Army's Ready and Resilient campaign, the Comprehensive Soldier and Family Fitness program, the Defense Department's Operation Live Well program, and the National Prevention Strategy.
- The Performance Triad is an initiative designed to influence Soldiers, Families and our beneficiary populations to increase their daily **activity** and to improve their **nutrition** and **sleep** behaviors – three key components that directly impact cognitive and physical performance and influence overall health. The Performance Triad is a health literacy program and encourages Soldiers and Families to be more proactive in developing healthy behaviors for life.

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## ● PERFORMANCE TRIAD

- Family/Retirees/DA Civilians: Our focus is not only on the health, readiness and resilience of the individual and unit, but also family members, retirees and DA civilians; we recently kicked-off an MEDCOM-wide Performance Triad education and training awareness campaign for Army families, retirees, and DA civilians, and the entire MEDCOM staff.
- The Army Performance Triad Pilot: Army Medicine is transforming to a System for Health and the central component, and a key R2C enabler, is the Performance Triad. A pilot program was successfully implemented at three designated FORSCOM battalions: 3-38 CAV (JBLM), 4-6 IN (FT Bliss), and 189<sup>th</sup> CSSB (FT Bragg), with part of the CSSB contingent forward in Afghanistan. Approximately 2200 Soldiers participated in the 26-week study that ended May 2014; the program design was the best proof of concept and the analysis will inform how to scale and implement an Army-wide program.

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- **Brain Health Consortium:**

- OTSG hosted a 2-day consortium April 10-11, 2012 with 80 subject matter experts from the military, academia and industry. This effort further developed and shaped this initiative through the lens of the System for Health and the Performance Triad.
- Optimum brain health is relevant in the military because we believe it is critical to Soldier/Family performance, productivity and longevity, as well as overall resilience.
- There is an emerging understanding of the power of brain health and its role as the powerhouse that generates the thousands of decisions we make every day about our health.
- The Brain Health initiative and consortium supports and further develops the Army Medicine strategy to move from a "healthcare system" to a "System for Health".

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- **Brain Health Consortium:**
  - Behavioral modifications, primarily decisions, begin in the brain. This is why we know the Brain Health Consortium is critical to helping us to us better understand the brain and how we can seize the opportunities to optimize the health of our Army and our families.
- **Healthy Base Initiative:** The Performance Triad is considered the second demonstrative arm of the DoD's program Operation Live Well (OLW). The first is the Healthy Base Initiative.

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- **FLOTUS:** On 12 Nov 13, the Army Surgeon General attended the grand opening of the White House Wellness Center and toured the new facility with the First Lady. The Wellness Center is a joint venture between the White House Medical Unit and Army Medicine. The System for Health and Performance Triad were shared with the First Lady and staff, as well as the Army's current health initiatives within the Ready and Resilient Campaign.

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### Feedback from deployed 82<sup>nd</sup> Sustainment BDE Commander:

*“Technology” (Fitbit) is changing behavior within our formation. I personally use the step tracker, sleep tracking function and water intake log religiously. As a leader the sleep tool is the most useful for me.”*

*“Tired leaders are probably more likely to make bad decisions and this function (monitoring sleep through technology) is a great tool I wish had as a BN CDR in Baghdad.”*

*“I am purchasing one (tech device) for my wife and she plans on using it to continue her work in keeping positive habits for herself and the kids during our time apart.”*



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### Feedback from 3-38 CAV SCO:

*“The Triad Program identified 26 soldiers in the squadron who are at risk for potential injury and scheduled physical therapy appointments for them to improve weaknesses and avoid injuries before they occur...I believe that this proactive approach should help our readiness.”*

*“In order to target the time outside of the workplace, I believe that we need to educate family members, also...we'll continue to try and push this at FRG events, in addition to LDPs...a few spouses have purchased Fitbit on their own, and these couples appear to be more active.”*

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### Feedback from A Troop Commander, 3-38 CAV:

*“Our goal is to be mission capable...we have until our National Training Center rotation to practice our tactics, techniques and procedures and make sure we’re capable of tackling whatever comes our way.”*

*“A lot of my soldiers are using their personal readiness devices (Fitbit) as a guide to how active they are throughout the day and it’s giving them a chance to gauge how many calories they’re taking in versus burning.”*

*“Our soldiers are putting more miles on their feet per day and are more motivated to lose weight. Overall, they’re better able to accomplish their mission.”*

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## Holistic Benefits of buying from Farmers' Markets

*USDA's definition of a farmers' market is defined as: a multi-stall market at which farmer-producers sell agricultural products directly to the general public at a central or fixed location, particularly fresh fruit and vegetables (but also meat products, dairy products, and/or grains).*

**\*Economic      \*Sociologic/Anthropologic      \*Health**

“Fourteen (14) Installations in nine states plan to host weekly Farmers Markets during the growing season...,” according to Jane Gervasoni, Public Affairs Office, U. S. Army Public Health Command.

[http://www.army.mil/article/126622/Farmers\\_markets\\_offer\\_healthy\\_choices\\_to\\_Soldiers\\_and\\_families/](http://www.army.mil/article/126622/Farmers_markets_offer_healthy_choices_to_Soldiers_and_families/)

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***The SFH/Performance Triad's aim is to encourage Army Total Force and family members to support local farmers markets as well as to encourage more Army installations to host farmers markets at their locations.***

1. Produce is fresher since it is often picked the same day that it is sold.
2. Convenience of staying on posts/installation to shop.
3. Products/Vendors are inspected, so safety standards have been met.
4. Products are more nutritious, have higher antioxidant levels
5. Saves farms.
6. Helps promote sociologic/anthropologic-relations with the community.
7. Fosters awareness & education of products for the entire family by the farmers.
8. Puts money back into the community.